

THE SOURCE

A Message From Scot Adams

December holidays can bring hustle and bustle to our lives as we shop for presents and prepare big meals. Families get together to celebrate. Soon, it will be a new year. As we draw close to the end of 2010, I'd like to look back on some accomplishments.

The Division of Behavioral Health is about ready to put finishing touches on its strategic plan for 2011-2015. This plan serves as a call to action for all parties involved in the system. It addresses accessibility, quality, and effectiveness. It urges on a person-centered, recovery-oriented system of care. It supports collaboration between

provider and consumer to empower consumers to make informed decisions about their own care. I expect the plan to be finalized before 2011.

The Chapter 206 regulations are nearly complete and will define "trauma-informed services" and "trauma-informed system." This will mean that services will be based on an understanding of the triggers that traditional services may not recognize, so that re-traumatizing the survivors can be avoided.

There is good news to be shared. There have been no immediate jeopardy situations at any of the regional centers this



past year. That means patients are being cared for according to state and federal standards. I know that you provide good care and services to our patients, and thank you for that.

Another piece of good news is that staff turnover has stabilized. This means good things for our patients. It means, one, that the current staff is knowledgeable because they have been around awhile. Two, current staff are familiar with patients. And three, having long

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Nebraska Sex Offender Treatment Program

Mission: Providing Sex Offender treatment to prepare for community reintegration while maintaining public safety.

Vision: Helping people rebuild their lives with no more victims.

-term staff around provides more stability for our patients. It also means that fewer resources have to be used training new people and it reflects higher job satisfaction overall. Mandatory overtime is rare.

For civil commitments, in the past year, the readmission rate for certain hospitals—specifically, patients discharged from the Lincoln Regional Center and then readmitted to any of the hospitals under contract with the behavioral health regions within 180 days of leaving LRC—was 2.6%. Nationally, in the previous year, the readmission rate to state psychiatric hospitals was

over 20%.

This low readmission rate reflects well on our behavioral health system. It indicates quality care at the Lincoln Regional Center, the effectiveness of the system of patient handoff from LRC to regional behavioral health authorities and their providers, and the growing involvement of peers. It shows that behavioral health reform is working to the benefit of the consumer.

The Norfolk Regional Center celebrated its 125th anniversary. It's come a long way from when it was the Norfolk Insane Asylum. This year has seen the closing of the general

psychiatric beds at the NRC. Now, it is totally committed to the treatment of sex offenders.

Good news for HRC's Youth Academy students. Ninety percent of students who complete their GED testing while they are at HRC pass the test. So far in 2010, students at HRC have completed 257 classes and earned 1,265 credits!

I hope that you will take a moment to give thanks for all that is good in our work lives. Thank you for your service! May your days be merry and bright!

Peace.

What's Cooking at NRC

BANANA SPLIT CAKE



1 yellow cake mix

1 box instant banana pudding

1 can crushed pineapple

Mix cake mix according to directions, except substitute water with crushed pineapple and add the instant pudding mix. Bake according to cake mix directions. When cake is done, let cool completely.

Topping:

sliced bananas to top entire cake

maraschino cherries, sliced

tub of cool whip (room temp.)

caramel and chocolate syrup

strawberry glaze

chopped nuts

After cooled, top cake with strawberry glaze, and top glaze with bananas. Top bananas with cool whip and then pieces of cherries. Drizzle with cherry sauce. Drizzle top of cake with caramel and chocolate syrup and top with nuts.

(Submitted by Bill Kiehl, and he challenges Dean Garver to submit a recipe for the next issue of *The Source*.)

January Birthdays

- 1 - Kristi Kortje
- 2 - JoAnn Henrickson
- 5 - Greg Sterner
- 8 - Carol Ruge
- 10 - Pat Bethune
- 11 - Mary Andersen
- 13 - Luann Zerbe
- 14 - Polly Timperley
- 19 - Julie Beutler
- 25 - Melodie Nielsen
Margaret Pick
- 27 - Daryl Stephenson
- 28 - Verlin Redlinger
- 31 - Sue Bain

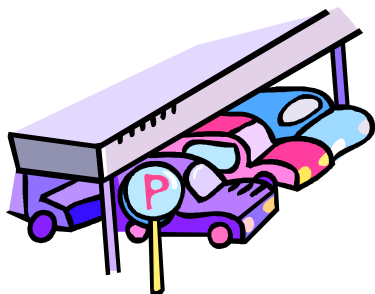


January Anniversaries

- 3 - Marsha Nelson (6 years)
- 4 - Julie Redwing (12 years)
- 7 - Janice Hallberg (26 years)
- 10 - Jacque Orvis (15 years)
- 12 - Mary Nemec (7 years)
- 13 - Sandra Spreeman (2 years)
- 16 - Dan Divis (26 years)
LuAnn Eddy (21 years)
- 17 - Larry Sohler (2 years)
- 18 - Shirley Brudigan (12 years)
- 20 - Lois Brenneman (36 years)
Jerry Kopejtko (7 years)
Scott Hoffmann (2 years)
Cheryl Myers (2 years)
- 22 - Kim Synovec (19 years)
- 29 - Jeanette Uehling (19 years)
- 30 - Byron Blain (8 years)
- 31 - JoAnn Henrickson (11 years)

A file cabinet is a place where papers get lost alphabetically.

Parking Lot Lottery



Winners for the month of January are:

- | | |
|-------------------|-------------------|
| 1. Reba Middleton | 5. Sarah Fechner |
| 2. Stacie Steele | 6. Chad Miller |
| 3. David Mitchell | 7. Steve Peyton |
| 4. Sharon Jaeger | 8. Daniel Haycock |

Holiday Party for NRC Employees

Submitted by TiAnne Morse, Quality Assurance Coordinator

NRC employees enjoyed a holiday party sponsored by the NRC Medical Staff and Leadership Team in the afternoon of 12/7/10.

Thanks to all who helped serve at the party. Special thanks to Laura Gorham, Medical Staff Assistant, for all her planning and preparation. Unfortunately, Laura was called away unexpectedly and was unable to attend the party. Looks like it was a huge success!!



Santa Delivers to NRC Patients

Submitted by TyLynne Bauer, Facility Operating Officer

The afternoon of December 21st brought a surprise visit from Santa and Mrs. Claus when they stopped in during the Leadership Team meeting, after visiting the units and delivering presents to the NRC patients. They couldn't stay long, though — Comet was anxious to get going with other deliveries!



Santa and Mrs. Claus (aka Ken Duncan, MHSS II, and Susan Johnston, OT Activity Assistant) visit NRC Leadership Team to check whether they've been naughty or nice!



Comet is getting restless.

Using Contemplation

The New Year is a fantastic time to promote the "sound mind" aspect of health. It heralds a time of contemplation; the holidays take their place in our memories, and we contemplate what to strengthen, tend to, or change outright in the year to come.

Cloistered by colder weather and early darkness, this is the time to focus on the elements of our lives that will "sprout" in the spring, the time to learn any number of things we have pondered for weeks, months, or years. If trav-

eling this year, Pick up the language or study the art and history of the region in depth. Have you wanted to learn a new cuisine or a new hobby? Numerous demonstrations for various arts, crafts, and cooking are free online.

If online is not your preference, libraries offer resources for all kinds of arcane bodies of knowledge. Visit a library and find books that will help you develop many of these same skills. Learning something new about things you have a passion for will improve

your life and mental health throughout the year, bringing hours, days, months, or years of enjoyment.

For more information, visit www.keenerliving.com.

Source: Printer's Press, Big Red Printing, Issue 5 2010



Here Are My Wishes For You ...

Submitted by TyLynne Bauer, Facility Operating Officer

Hours of happy times with friends and family
Abundant time for relaxation
Prospersity
Plenty of love when you need it the most
Youthful excitement at life's simple pleasures

Nights of restful slumber (you know — don't worry, be happy)
Everything you need
Wishing you love and light

Years and years of good health
Enjoyment and mirth
Angels to watch over you
Remembrances of a happy year!



Staff Share New Year's Resolutions

Submitted by TyLynne Bauer, Facility Operating Officer

NRC staff were asked to share their New Year's resolutions, and here are some of the responses.

Simplify.

TyLynne Bauer, Facility Operating Officer

Talk less
and listen
more.

Julie Beutler, ADON

Strive for internal peace and joy, appreciating each blessing, and distributing "rainbows" as often as I can!



Becky Inness, Staff Assistant I

Lose weight and eat healthier.

TiAnne Morse, Quality Assurance Coordinator

To enjoy the simple things and smile.

Bonnie Long, LPN



Bulletin Board

I want to thank all of my co-workers and friends at Norfolk Regional Center for the 38 plus years we have spent together. It has been really hard letting you all go and the work I have accomplished for NRC and Norfolk Veterans Home. Special thanks to all the girls for their gift card (Darlene, Sue, Tracy, Amy, Marilyn). Another special thank you to

Karen and Sandy for the many gifts. Thank you, Joyce, for the cake. Hopefully each and every one of you know how special you are to me. Keep in touch.

Roz Erb

In November my sister lost her battle with cancer. I want to thank all of you who offered me your kind words and gifts of memorial. You

are a wonderful group of people.

Kris Boe-Simmons

Thank you for the cards, kind words, and prayers. Your thoughtfulness is appreciated.

Sincerely,
Kathy Herian & family
of Dick Oppliger

Blast From the Past Comes to an End

Submitted by Marilyn Blunck, HIM Manager

Congratulations to Pat Brand for identifying all staff from November's "Blast From the Past." Pat's name was chosen from three entries with correct answers. Thank you to all who participated in this feature, and I hope it brought back some good memories of fellow co-workers.

November Answers

- | | | |
|-------------------------------|-----------------------------------|--|
| 1. Lorraine Wenk-Purcell, LPN | 9. Roger Steinkruger, CEO | 25. Janna Belitz Wagner, PT-II |
| 2. Dale Coleman, PT-II | 10. Ellen Shriver, RN | 26. Ida Mrsny, PT-II |
| 3. Casey Clausen, LPN | 11. Diana Windeshausen, PT-II | 27. Jody Thomas, LPN |
| 4. Linda Bierschenk, LPN | 12. Jerry VanWinkle, Psychologist | 28. Karen Jurgens, Environ. Supervisor |
| 5. Mark Luger, RT | 13. Teresa Fritton, HR | 29. Betty Dammast, HIM |
| 6. Ann Richter, LPN | 14. Cheryl Eierman, RN | 30. Velda Meyer, RN |
| 7. Eunice Deuel, Housekeeping | 15. Teri Norris, Switchboard | 31. Ben Kohlhof, PT-II |
| 8. Marlene Hansen, Nrsg. | 16. Mark Midthun, MD | 32. Nancy Foll, RN |
| | 17. Laurie Vaughn, PT-II | 33. Sharon Carlson, PT-II |
| | 18. Lorene Fiala, RN | 34. Roger Cutshall, MD |
| | 19. Helen Montoya, Psychologist | 35. Willie Wesemann, PT-II |
| | 20. Kathi Timperley, Food Service | 36. Cheryl Heimann, SW |
| | 21. Lori Mueller, HIM | 37. Bonnie Spinar, Pt. Accts. |
| | 22. Elizabeth D'Souza, SW | 38. Chris Hoffmann, PT-II |
| | 23. Franklin Johnson, MD | 39. Pat Sanne, Secretary |
| | 24. Missy Zerbe, PT-II | 40. Dr. George Bartholow |
| | | 41. Morgan Kupsinel, SW |

Modern Healthcare Says Gallup Praises Nurses

Submitted by Julie Beutler, ADON



An excerpt from a recent article in *Modern Healthcare* magazine states: "Americans really, really respect nurses. At least that's what they told Gallup during its latest annual survey on honesty and ethics by profession, with nurses nabbing the top spot once again.

It's a feat they've managed in 10 out of the last 11 years. In all, 81% of the 1,037 American adults surveyed via telephone in November said nurses ranked 'very high' or 'high' in honesty and ethical standards. The only year nurses haven't nabbed the top honor since the

profession was included in the survey was 2001, when firefighters were No. 1 in the wake of 9/11."

Check out the December 13, 2010 article to find out how doctors and pharmacists ranked.

Staff Share Recipes from Cookie Exchange

Submitted by Pat Bethune, RN, Employees' Association President

Oatmeal-Coconut and Chocolate Chip Cookies (Sharon Jaeger, SSII)

- | | |
|-----------------------------|---------------------------------|
| $\frac{1}{2}$ c. shortening | 3 c. quick oatmeal |
| $\frac{1}{2}$ c. margarine | 2 c. shredded coconut |
| 1 c. brown sugar | 1 c. semi-sweet chocolate chips |
| 1 c. white sugar | $\frac{1}{4}$ c. water |
| 2 eggs | |
| 1 tsp vanilla | |
| 1 $\frac{1}{2}$ c. flour | |
| 1 tsp. salt | |
| 1 tsp. soda | |



Cream first four ingredients together, then beat in eggs and vanilla. Stir in flour, salt and soda. Add oatmeal, coconut and chocolate chips and water and stir until mixed well. Form into balls. Place on greased baking sheet and bake at 350° for 10-12 minutes until golden brown. Makes 5-6 dozen.

Rolled Sugar Cookies (Bonnie Bergland, SSII)

- | | |
|--------------------------|------------------------------|
| 1 c. butter | 1 tsp. vanilla |
| 1 c. sugar | 2 tsp. cream of tartar |
| 3 eggs | dash of salt |
| 3 $\frac{1}{2}$ c. flour | 1 $\frac{1}{2}$ tsp. vanilla |



Cream butter, sugar, and eggs together. Add dry ingredients and stir until mixed well. Refrigerate for 2 hours. Then roll out and cut with cookie cutters. Bake at 350° for 10-12 minutes. Frost with Candy Melts from Pat-a-Cake store and decorate (or may use your favorite frosting recipe or Royal Icing recipe below).

Royal Icing (Pat Bethune, RN) Makes 2 1/3 cups

- box confectioners' sugar (1 pound)
- 2 large egg whites

In the bowl of an electric mixer, combine sugar and egg whites. Mixing on low speed, add a scant 1/2 cup water to desired consistency.

Pecan Tassies (Cheryl Myers, LPN)

(Requires mini muffin pan)

Tart Crust:

- $\frac{1}{2}$ c. softened butter
- 3 oz cream cheese, softened
- 1 c. flour

Filling:

- 2 T. butter, melted
- $\frac{3}{4}$ c. packed brown sugar
- 1 egg
- 1 tsp. vanilla
- 1 c. chopped pecans
- Powdered sugar (optional)



Preheat oven to 350°. For tart crust, beat butter and cream cheese until well blended. Add flour; mix until soft dough forms. Shape dough into 1-inch balls. Place balls of dough into ungreased cups of mini muffin pan. Press balls into the bottom and sides of pan until dough is slightly above rim of pan.

For filling, mix melted butter with sugar, egg, vanilla and nuts. Fill each tart shell approximately $\frac{3}{4}$ full (do not overfill). Bake for 20-25 minutes or until light golden brown. Remove from oven and let cool in pan for 3 minutes. Remove from pan and cool completely. May sprinkle with powdered sugar if desired.

To store: After cooling completely, place in a tightly covered container. Can freeze up to 1 month. Thaw frozen tarts at room temp.

Jello Cookies (Kim Synovec, LPN)

- | | |
|--------------------------------------|----------------------|
| $\frac{3}{4}$ c. margarine or butter | 1 tsp. baking powder |
| $\frac{1}{2}$ c. sugar | 1 tsp. salt |
| 3 oz. pkg. Jello gelatin, any flavor | |
| 2 eggs | |
| 1 tsp. vanilla | |
| 2 $\frac{1}{2}$ c. flour | |



Candy Blossoms (Jann Drahota, RN)

14 oz. sweetened condensed milk

1 c. creamy peanut butter

2 c. original Bisquick mix

1 tsp. vanilla

Rolo candy pieces, unwrapped



Mix ingredients together to form dough. Roll into 1-inch balls and dip each in sugar. Place 2 inches apart on ungreased cookie sheet and bake at 350° for 7-9 minutes. Remove wrappers from Rolo candy pieces.

Remove cookie sheet from oven and press Rolo candy piece into center of each cookie. Immediately return to oven for 1 minute more.

Mint Chocolate Chip Cookies (Becky Inness)

1 pouch Betty Crocker sugar cookie mix

$\frac{1}{4}$ to $\frac{1}{2}$ tsp. mint extract

6-8 drops of green food color

1 egg

1 c. crème de menthe baking chips

1 c. semi-sweet chocolate chunks



Mix cookie mix, butter, extract, food color and egg in bowl until soft dough forms. Stir in crème de menthe baking chips and chocolate chunks. Using small cookie scoop or teaspoon, drop dough 2 inches apart on ungreased cookie sheet. Bake at 350° for 8-10 minutes. Cool 3 minutes. Remove from cookie sheet onto wire rack and cool completely. Store in tightly covered container at room temperature. Makes 3 dozen.

Russian Tea Cakes (Ken Duncan, SSII, and Janice Oswald, RN)

- | | |
|---------------------------|--|
| 1 c. butter | 2 c. all-purpose flour |
| 1 tsp. vanilla extract | 1 c. chopped walnuts |
| 6 T. confectioner's sugar | 1/3 c. confectioner's sugar for decoration |



Preheat oven to 350° (175 degrees C). In a medium bowl, cream butter and vanilla until smooth. Combine the 6 tablespoons confectioner's sugar and flour; stir into the butter mixture until just blended. Mix in the chopped walnuts. Roll dough into 1-inch balls, and place them 2 inches apart on an ungreased cookie sheet. Bake for 12 minutes in the preheated oven. When cool, roll in remaining confectioner's sugar.

Double Striped Peanut Butter Oatmeal Cookies (Pat Bethune, RN)

- | | |
|--------------------------------------|--|
| 3/4 c. creamy peanut butter | 1 c. flour |
| 1/2 c. butter or margarine, softened | 1 tsp. baking soda |
| 1/3 c. sugar | 1/2 tsp. salt |
| 1/3 c. brown sugar | 1/2 c. milk chocolate chips |
| 1 egg | 1/2 c. peanut butter chips |
| 2 T. milk | 2 tsp. shortening, divided (do NOT use butter, margarine, spread or oil) |
| 1 tsp. vanilla | |



Heat oven to 350°. Beat peanut butter and butter in large bowl until blended. Add sugars and beat until fluffy. Add egg, milk and vanilla; beat well. Stir together oats, flour, baking soda and salt and gradually beat dry ingredients into peanut butter mixture. Shape dough into 1-in balls. Roll in sugar and place on ungreased cookie sheet. Flatten cookies with fork to create criss-cross pattern. Bake 10-12 minutes until lightly brown. Cool completely. Place chocolate chips and 1 tsp. of shortening in microwave-safe bowl and melt at MEDIUM power (50%) in microwave for 30 seconds. Stir and if necessary continue to microwave at MEDIUM for additional periods of 10 seconds at a time until melted and smooth when stirred. Drizzle over cookies in striped pattern. Repeat procedure for peanut butter chips and remaining teaspoon of shortening. Allow drizzles to set. Makes about 4 dozen cookies.

Raspberry n White Chocolate/Pecan Thumbprints (Pat Bethune, RN)

- 1 c. butter, softened
2/3 c. sugar

1 T. vanilla	1 1/4 c. finely chopped pecans
2 1/4 c. flour	raspberry jam
1/4 tsp. salt	6 squares of white chocolate baking squares
1 egg white slightly beaten	

Heat oven to 375°. Combine butter, sugar and vanilla in large bowl. Beat at medium speed until creamy. Reduce speed to low and add flour and salt. Beat until well mixed. Shape into 1-inch balls. Dip each ball in beaten egg white and roll in pecans. Place 1 inch apart onto greased cookie sheets. Make indentation in center of each cookie with thumb or back of teaspoon. Add 1/2 teaspoon of raspberry jam into each cookie indentation. Bake 11-13 minutes or until very lightly browned and set. Cool completely. Melt white chocolate per package instructions and drizzle over cookies. Allow to set.

Maple/Pecan Thumbprints (Pat Bethune, RN)

Follow same recipe above without raspberry jam or white chocolate...instead fill center of each cookie with following frosting recipe:

1 1/2 c. powdered sugar
 3 T. butter, softened
 2 T. fat free half and half
 3/4 tsp. maple extract



Combine all ingredients in small bowl and beat at low speed until smooth. Fill center of each cookie with 1/2 teaspoon of frosting.

Drink Plenty of Water

Submitted by Julie Beutler, ADON

You know you should drink eight glasses of water ... but do you know why?

- Water will help rid the body of metabolized fat and waste.
- Water makes you feel full

and can be an excellent appetite suppressant.

- Water may also help relieve constipation, a common problem when dieting.
- Water is critical in keeping your body hydrated

during increased physical activities.



THE SOURCE

DHHS - STATE OF
NEBRASKA

Norfolk Regional Center
1700 N. Victory Road,
Bldg. 16
PO Box 1209
Norfolk NE 68702-1209
Email:
marg.hipp@nebraska.gov
402.370.3315

The Source is an employee newsletter written by the employees and published monthly for the employees within the Norfolk Regional Center. Articles and ideas for publication are always welcome and can be forwarded to any member of the Editorial Board.

It is the policy of the Editorial Board to attempt to print any article that does not attack another person. The Editorial Board reserves the right to edit articles for size and content. Articles sent to the Editorial Board must be signed, but the writer may request to have their name withheld. Please contact us with submissions for the next edition, and with your comments on the newsletter!

NRC Editorial Board

Marg Hipp - Editor - 370.3315

TyLynne Bauer - 370.3328

Susie Kohlhof - 370.4313

Marilyn Stromberg - 370.3142



Diet to Start the New Year

This is a specially formulated diet designed to help cope with the stress that builds during the day. I have found that this really works!!

BREAKFAST

- 1 grapefruit
- 1 slice whole-wheat toast
- 1 cup skim milk

LUNCH

- 1 small portion lean, steamed chicken with a cup of spinach
- 1 cup herbal tea

- 1 Penguin Biscuit

AFTERNOON SNACK

The rest of the Penguins from the packet

- 1 tub of Gino Ginelli ice cream with chocolate topping

DINNER

- 4 bottles of wine (red or white)
- 2 loaves garlic bread
- 1 family-size supreme pizza
- 3 candy bars

LATE NIGHT SNACK

- 1 whole cheesecake (eaten directly from the freezer)

FINALLY, REMEMBER:

"Stressed" spelled backwards is "desserts." That can't be just a coincidence.

